Vampyrism

What is Vampyrism ?

What does the term vampyrism mean?

First of all this site has nothing to do with mythological vampires or the vampires that you see in Hollywood products or fictionary books. So it's important to know the difference between the word Vampire or Vampyre.

A vampire is a fictionary creature that haunts the night looking for fresh human blood. A creature with long sharp teeth, pale skin and long dark hair. Also vampires like Bram Stokers Dracula or The Anne Rice (interview with the vampire) kind of vampires belong to this term.
We will not look into this kind of vampires, there is already too much known about them.

Anyway, we will look into the term Vampyre.
What is a vampyre? A vampyre is a human being just like you and me, but he or she is a person who is incapable of producing life energy (known as pranic energy or chi). So just like the fictional vampire the vampyre needs to feed upon living creatures that can produce this life energy. He or she must do this to have enough life energy and have a stable energy level. If they don't feed they can become tired, depressed or even ill.

What forms of vampyrism are there?

There are 3 most used terms for different kind of feeding techniques (draining energy from a human, animal, plant etc.);

- The Sanguinarius Vampyre; a vampyre that feeds by drinking a few drops of blood from a human donor, vampyres believe that blood is the material source that holds most life energy (prana/chi)

- The Psychic Vampyre; a vampyre that feeds directly from human emotions, a human aura (energy field that surrounds a human) or from chakras (most important energy points inside you body)

- The Sexual Vampyre; this vampyre also feeds the psychic way, but then by having sex with it's donor. Most people that were sexually attacked by a vampyre speak about being real tired after having sex with the vampyre, or even speak about passing out during the sex. There are mythological vampyres that have much in common with the sexual vampyre. They are known as Succubus (female) and Incubus (male). They say that these creatures come into people dreams, seduce them sexually and after that drain their life energy.

There are off course more types of feeding, but these 3 or the most used ways to feed by most vampyres.

Awakening

You think you are a vampyre, but how do you really know that you are one and what does awakening mean? Not every person can awake and become a vampyre, but there are people that are born a vampyre but haven't awakened yet. So awakening means becoming aware that you are a vampyre and the practicing of vampyrism after the awakening, to become a skilled vampyre.
This is about what Vampyres call "awakening". This is the popular term for when

someone's vampyre side is emerging, thus awakening. When awakening someone gets symptoms that will tell them about their vampyric side emerging. This person is not yet a full vampyre until his/her awakening is done. And a lot of symptoms that emerge will stay with that vampyre during their life.

The Symptoms:

The following symptoms usually occur during the awakening and life of a vampyre:

- Lack of energy while doctors can't find a disease like Pfeiffer or other diseases like it
- Sudden allergic reactions to sun and heat
- Being extra sensitive to light
- Feelings of depression and/or sickness
- Feeling estranged from other people

But with having these symptoms it will not truly mean that you are a vampyre, there is more to it in awakening.

How to tell if you are a Vampyre:

When curious if you are a vampyre there are of course some tests. This here is a good and easy test. But beware that it also isn't full proof;
- Feed for a week or 2 weeks (as described in the feeding section) then stop for about 4 weeks and notice if there is any difference. Beware for the fact that you want to become a vampyre real badly and fool yourself into thinking you just feeded and got more energy!

Another way to find out if you might be a vampyre is to see if you always had an interest in the nocturnal and/or vampyres (your suppressed vampyre nature usually causes this). Or if you know about past lives or have knowledge that you couldn't possibly have learned in this life and thus coming seemingly out of no-where (for example as a child you knew stuff not in any books you ever read and for people well above your age). Again this is a test not to know 100% sure if you are one.
Another pretty good way to know if you are a vampyre is noticing other vampyres. For some unknown reason you just know that person is a vampyre. This is what vampyres like to call scanning. See it as a sort of radar that knows when someone else is a vampyre. This is why most vampyres also know when someone is awakening or still has to awake.

It is hard to know if you are one but if you are one and did some tests, usually you just know you are a vampyre.

Be aware! You do NOT have to be a goth or metalhead to be a vampyre, there are also vampyres that look just like your neighbor, who listen to pop music, or rock music, or even dance/trance music. Being a Vampyre is a life not a certain lifestyle.

Feeding

What is feeding?

By feeding we mean consuming life energy from another person, and sometimes even from an animal, plant or nature force (like a thunderstorm).

What are the most common feeding techniques?

The most common feeding techniques, like said before are; Psychic, Sanguinarius and Sexual feeding.

When talking about about feeding I think it's important to know what exactly you feed on. We know now that blood has life energy in it, called prana or chi. So we also

know it's not the blood we feed on, or the person we feed on, but the most important thing is the Pranic Energy inside that person that we feed on.

It all sound very interesting, life energy, chi, prana... it sounds like some Star Wars movie where they talk about "the force". But, it is scientifically proven that every living thing contains this life energy and it even surrounds us. Many Chinese doctors and specialists use this energy to heal people. In China they also believe in 'Meridians', some kind of energy ways inside your body. They also use these energy ways when practicing Acupuncture or practicing Yoga or Tai Chi.
So basically Chi is the life energy that flows trough your body and that's all around us.

How to feed?

Now we came to an interesting question; how exactly do I feed?
I like to go trough the 3 most used types of feeding while answering this question;

* Sanguinarius (blood vampyrism):

Sanguinarius is the most easy way of feeding, because by drinking fresh blood you automatically drain the life energy that's inside the blood.
First of all you need to find a donor that's willing to give you some of his blood (don't go hunting for blood like some wild Hollywood vampire, it is illegal to attack a human being and drinking his or her blood, so just don't even think about this option). When you found a donor that's willing to give you some of his/her blood it is really important to do some blood tests on this person, so you know for sure that you don't get any diseases from this person. It is also important that you never feed on an ill or sick person, because it can be dangerous and ill or weak people don't have much pranic energy to feed on.
Secondly it is important to be clean and use a sterilized and sharp stainless steel object to make a small incision somewhere on the body (lower arm for example). Don't cut to deep, because you only need a few drops, and you don't want to hurt your donor do you? You might need him more then just ones.
It is also important to have much respect for your donor, it's first of all hard to find one, and you need to feel honored that you may use this person as a donor.

Some Sanguinarius vampyres might not like the taste of blood, but still need blood to have a stable energy level. So maybe they can mix a few drops of blood with red wine or something, so they don't have to taste the blood.
It is also known that to much blood feeding is dangerous to yourself and your donor. You can get many kind of health problems when drinking to much blood, so always be careful. Also never feed on blood if you don't know what you are doing.

* Psychic (pranic or chi vampyrism):

I believe that psychic vampyrism is one of the most hard ways to feed, because you need to focus on a person and visualize that you drain their chi and store it inside your body. For person who are already know with meditation (any form, even Tai Chi or pranayama meditation) it is more easy to perform.

Where to start?

First of all it is really important to learn how to focus. Focusing is not the same thing as concentrating. With concentration you are most of the time not in a relaxed position and mood. To focus you need to be in a relaxed mood and position (just like with meditation).
You need to breathe slowly in and out and focus on your breathing to become relaxed. It is important to not only breathe with your chest, but with you whole lungs, because then you get more oxygen, and oxygen makes you relaxed and calm when you breathe it slowly in and out.

When you are relaxed, calm and focused enough you might feel that you are more aware of your surroundings and feel more awake then normally. Your senses might also become more sensitive while focusing. It is maybe smart to read some books on pranayama meditation or normal meditation, so you learn more on focusing and meditation.

Ok I'm focused, so now what?

So you know how to focus and you can do it any time and anywhere (in the beginning you might need a silent and private room to focus in, after some practicing you can focus even in the bus, a disco or whatever).
Now comes the interesting part, the feeding through pranic energy. What you need to do is to focus on a person and visualize and actually feel the energy that surrounds him (his aura; there are many new age books about the aura and parapsychology books on it too, or try reading books about Yoga). When you feel the persons energy it is time to command (with your willpower and visualization) the persons energy to come to you and to be stored inside your aura or inside your chakras (see picture below).
Chakras are the energy centers inside your body. Also used by your body to store your chi. So it's smart to focus that you drain the persons energy and store it inside your chakras, or inside your favorite chakra (third eye, solar plexus or seat of the soul chakra).
Also important to know while feeding is to know how to do shielding, more about that is on the exercises part on vampyrism.
Also like with every kind of feeding it's important not to drain to much of a persons energy, and never to drain someone "empty", because when you feed upon one person for a long time you can cause many problems for that person, like becoming ill, depressed etc.

The picture of the human being and it's 7 basic chakras.

* Sexual Vampyrism:

Sexual vampyrism speaks for itself kind of... feeding upon a donor while having sex, but there is more to this...
While having sex you normally don't drain a person, you do exchange some energy, which makes you feel good, but it goes both ways most of the time. But when you are draining while having sex, you only take energy and not giving energy (well not giving much energy, and taking more then you are giving).
It goes almost the same way as psychic feeding, but then with having physical touch,

which makes the feeding stronger. Also while having sex, your donors aura will be more open, because that person will give him/herself totally (if you seduce him or her the right way).
The trick of seducing is to manipulate the person so he or she will totally let him/herself go. You can do this by being really dominant (sexy mistress kind of style) or by being really submissive, so that person feels mighty and sexual to you, so he/she will have a lot of energy you can take from him/her. It really depends on your victim what you must do. Be the dom or sub person. If you are really into sexual vampyrism then some practice will teach you enough to become a pro.
Important to know is that with having sex you must be careful, safe sex is really important because of many nasty viruses around the world. And also becoming pregnant of a victim or donor wont be to nice, or even worse, making some donor girl pregnant…

You can also combine many ways of feeding. You can for example have a sexual feeding pleasure while also drinking the donor's blood. Or you can become both a Sanguinarius and Psychic Vampyre. But always be careful with what you are doing, many viruses out there and many dangerous people too, so be careful with choosing a donor.
More skilled psychic feeders are also able to feed upon more then one person, or even feed upon animals, a thunderstorm, the sun, the earth, nature etc. So you don't really need to feed upon one person.

Exerciseseding

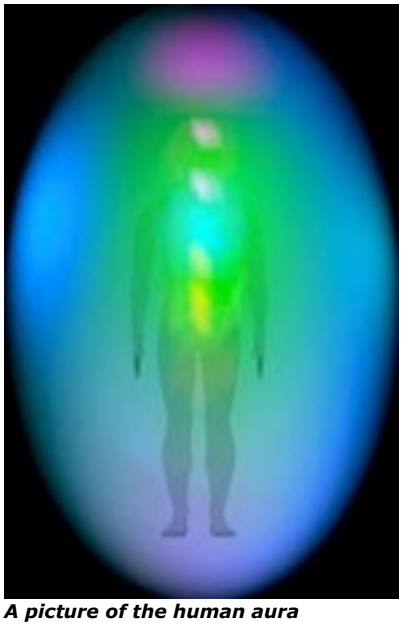
Shielding:

What is shielding? Shielding means that you build an energy shield around you that protects you from being drained by another vampyre, and it also protects you from negative energy. Many vampyres use shielding to filter negative energy so they wont drain emotion or pain of other. By filtering you filter the energy in it's pure form, so your body, aura and chakras will only be filled with pure energy. Shielding is also one of the most important things to learn when you are a psychic vampyre.

How to do it?
In the beginning shielding can be quite difficult, because you have to focus like with many exercises like feeding, scanning, linking etc. Focusing and meditation is the key to achieve many goals in vampyrism and also in many other life paths.
To shield you need to become focused first. Like with feeding breathe slowly in and out, and try to become calm en relaxed. When you are focused enough and feel relaxed it is time to focus on your aura (see picture). You need to visualize the energyfield around you. Some vampyres/people can see their own aura, some can only feel or sense it, but that doesn't matter much, most important is that you can visualize and sense it.
When you finally sense your aura it is time to use you willpower to change it substance. Use your will to condense and harden your aura, so it's hard for other vampyres to enter you aura and drain your energy.
Also important to do is to be able to change the color of your aura. To do this you also need to visualize that your aura changes of color (also see aura picture). So again focus on your aura, feel the energy around you, visualize it's color and use your willpower to change its color.
Good colors to focus on are:
- blue (protection)
- white (purity and white light, white is also a good color because with a white aura no one can enter your aura, but you can still feed and drain energy, and this color is also a good filter)
- black (only use this when you are in danger, because it's like building a wall around you, that no man can enter, but also when you have this wall you are not able to

drain.)

Shielding is good for both feeding/filtering and to protect yourself, so it's the most important thing to learn because learning how to feed.



A picture of the human aura

Scanning:

Scanning is like reading a persons mind. You are able sense if a person is a vampyre or a common human (Nil). And experienced vampyres can also sense if a person is a friend or a foe.

How to do it?
With scanning you need to focus and become calm again. When you are focused enough it is time to focus on the person you wish to scan. Try to feel, see or read his aura and feelings and try to feel if this person is a Nil or a vampyre. In the beginning this can be hard, but when you practice enough it will be more easy.
Also when draining a person you can also feel his/her energy and emotions when you are not filtering the energy. This is also a useful way to scan.
Scanning is a useful tool to learn about people or to avoid confrontations with bad people or hunters (people who love to ruin a vampyres life and try to do everything to break a vampyre down).

Linking:

Linking means that you connect to another vampyre and share energy, feeling and emotions with each other. It's a good way to get to know each other and to raise your energy level together.

Picture of two persons that are linked with each other

How to do it?
Linking is quite easy when you are experienced enough with focusing and meditation. Only thing you need to do it focus on your partner and tap his/her energy. So when you both focus and exchange energy you have made a link. You can visualize a circle of energy flow, or like shown on the picture an energy beacon between you and your partner that goes both direction. Both taking and giving energy. It needs a little bit of practice though, but just like with pushing hands (Tai Chi, enough books to read about that subject) or with tantra meditation it can give a cleansing feeling. You also really get to know each other, sometimes even the deepest feelings of your partner you train with.
To make the linking effect stronger you could touch each other, like holding each other hands, this can have an even stronger effect, because you make both a spiritual and a physical link.

Astral Projection:

Astral Projection is the same thing as an OBE (out of body experience). It means going out of your body and travel between the living world as we know it by our physical eyes and other senses, and the "world of the dead". Some people call this world the 'astral world'. There are many books about OBE and many people who had this experience.

A picture of an out of body experience

How to do it?
Astral projection is also one of the most hard techniques you can learn. Some parapsychologists believe that when people are sleeping they also leave their body unconscious. Maybe that explains the falling down feeling sometimes when you wake up, because your soul is falling back into your body.
To do astral projection you need to be in a relaxed position. Some good positions are; sitting on a relaxed chair, laying on the ground or in bed, or sitting in the lotus sit. You need to become focused again, like with all exercises and close your eyes. Once you are into a deep meditation it is time to project your self, your emotions and thoughts out of your body. Its is easy to visualize that it has the same shape as your normal body (like you see in movies like Ghost when people leave their body).
Once you feel that you are out of your body it is time to focus on a certain place where you would like to go. A good thing when you are inside your room is to

visualize that you go outside your room and head downstairs to the front door. After that going out on the streets and see what's going on there.
Astral projection takes allt of practice, but once you are practiced enough you are able to leave your body and visit every place or person you like. Some vampyres even use astral projection to feed upon people that live far away, some use it to communicate spiritually with other entities or with other vampyres and some use it as a remote viewing tool (so you can see what's going on in a room where you can not be physically.

If you want to know more about astral projection or OBE, I would recommend reading some parapsychology books or some occult books on this subject. There are many theories and exercises that are linked to astral projection, so doing some self study is recommended.

Mesmerism:

Mesmerism is a form of persuasion, just like hypnoses, but it's a bit more subtle.

How to do it?
First of all you have to be close to your victim, so that you stand in his or her aura. Eye contact can also be very useful because when you stare someone into the eyes with a hypnotic look, people will be stunned for a moment. Aleister Crowley and Anton Lavey also had this look in their eyes. They sometimes used it to manipulate other people. Also touch and physical contact are really important, like a hand on the shoulder, or just a simple hand shake, because with physical touch it is more easy to send a signal to your victim.

Ok you have eye contact, made a link with this person and now what?
First of all it's important to use your willpower and mind to command that person in forgetting something. Weaker people or more sensitive to mesmerism (like drunk people, if the person isn't drunk, buy him or her a drink to make a weak spot in their aura, alcohol is a great tool to weaken). You also need to speak to this person with a soft voice or monotone voice. Also whispering in the ear can be really useful.

Mesmerism can be used for many goals. Seducing a person, getting some information out of a person or to let a person forget what he saw.
To make mesmerism stronger like said before it is useful to weaken your victim. You can do this with alcohol, but also with feeding upon that person first. Like with hypnoses it's really important that the person is in some kind of tired/trance consciousness. It's the same as talking to a (half) sleeping person and asking him or her some questions, most of the time they answer them.

Awareness:

Awareness means that your senses are more high then normally, so you can feel, see, hear and feel more then normal. Some vampyres also believe that with awareness they can sense their surroundings and kind of see things in a 360 degrees view. But I believe it's not seeing 360 degrees, but more like feeling everything around you. For example feel that someone is standing behind you.

There isn't much known about how to become aware like in the 360 degrees view, but some say that when you are in danger, or just feeling paranoia, that you are able to have an experience like that.

When you are focused enough and full of energy after some feeding it can happen that you become more aware of your surrounding, and that you might even feel other people feelings like anger or love. So maybe awareness has many levels and it depends on the situation and your experience what effects the awareness will have to you.

Blinking:

What is blinking? Blinking means that you do a normal thing in less amount of time. There isn't much know about how to do it or if it even exists, but some vampyres believe they can really do it. It is also believed that some Buddhist monks could build a Temple in less amount of time, or only by using their mind and meditation, but still it's all legend, not proven magick.

Some vampyres say that while doing something you only need to focus on the actions that you need to do to achieve your goal, others say you only need to focus on the goal, not the actions. So you need to visualize and focus only on the thing it self and on nothing else.
It is proven that it does work the other way. When you are to much focused on other things then your goal or actions, then things take more time then it needs to. So maybe it works the other way too, who knows...

I guess you need allot of practice to find out if blinking really exists. Maybe if linking really exists it can also be used when you are ill by only focusing on being cured, so your healing process goes a bit faster. Mankind is not using every cell of their brain, so who knows what can be all possible.

Usefull tools and materials:

There are some useful materials and tools that some vampyres and wiccans prefer to use while draining energy.

Silver: silver is good to use when you want to get more control of your feeding and unwanted draining, because when you wear a silver ring or necklace it makes sure you won't drain as easy as normal. It's also useful to stop every unconscious draining. But beware that draining will be more hard to do when wearing silver. Wearing silver is more for vampyres who aren't able to control themselves, or for experienced vampyres that want to have more control over their abilities.

Copper: copper is the opposite of silver, it makes sure you drain more automatically and subconscious. It is also a useful tool to use when you are feeding, because the draining will be alot stronger then normal. Like with silver you have to be careful with using these kind of materials, because it can have effects on you that you don't want to have. For example draining a loved one. But copper is useful to use when you are still learning how to drain, a good beginners tool, but also for more experienced vampyres it is useful to use, because you are able to drain more energy at once.

Amethyst: Amethyst works great to protect your self and your home from astral bodies and astral attacks. It also works good to transmute bad energy into pure energy. So it's both a protection and transmutation tool.

Crystal: Crystal is a good gem to use to store energy (chi) in, because like many gemstones Crystal can contain allot of energy. These gemstones are useful to hang around your neck and to store allot of energy in, so you can use the stone whenever you need an extra load of energy in worse times. So it's smart to energize them when you are in better times and you are full of energy. Crystal also purifies your body, so it's also useful for healing or filtering.

Gold and diamond: These 2 materials have almost the same effect as crystal, but diamond works much stronger then Crystal, because it's a more pure gemstone.